



Cushing "Home Port" as seen from Gay Island, circa 1900

Photo courtesy of the Cushing Historical Society

## Homeport-Cushing

***Homeport-Cushing is a volunteer network, researching & distributing information about the existing public & private services that support our decision to stay in our home as we age. Homeport activities are open to everyone & are generally offered at no cost.***

### **WORKING MEETINGS**

Everyone is welcome at the Homeport working meetings in the Library at the Cushing Community Center. Our next meeting is AUGUST 11.

### **SPECIAL SUMMER EVENT**

On Thursday June 16, the Cushing Rescue Squad will hold a Free Blood Pressure Clinic in the Community Center Gym at 3:30pm.

### **HOMEPORT TALKS PRESENTATIONS**

Homeport-Cushing is pleased to sponsor a series of presentations known as **HomeportTalks**. The presentations are held in the Cushing Community Center at 3:30 pm, and are offered at no charge. Our next presentation is:

- \* AUGUST 25 – Dr. Chip Teal – Damariscotta Aging in Place Program - "Full Circle America"

### **ADDRESSING TRANSPORTATION NEEDS**

A dozen of your neighbors have volunteered to provide transportation to their fellow Cushing Residents. If you need a ride to somewhere in the Camden-to-Damariscotta region, just let us know. We will provide safe and reliable transportation at no cost to you. If you would like a ride provided by one of our volunteer drivers, give us a call and we'll try to help.

For details please call:

- Becky Hinsey 354-6339 – [rhinsey@roadrunner.com](mailto:rhinsey@roadrunner.com) or
- Jeannette Chapman 354-2279

## ***CLASSES, ACTIVITIES, AND FUN STUFF***

### ***Yoga***

Homeport is excited to announce that Linda Shepard will be returning to teach our Summer Yoga classes again this year. Linda does a terrific job of teaching a class appropriate for men and women of all ages.

The summer schedule will be:

*July 7 - August 18 Each Thursday morning 9am to 10:30am  
In the Cushing Community Center gym*

The cost for all seven weeks is \$84. If you choose to join the group on a drop-in basis, the charge will be \$14/class.

The class is called "Slow Yoga" and uses slow flows and sustained postures to build your core strength, increase your range of motion, and deepen your sense of well-being. Linda supplies the mats and blankets used during the class.

To sign up, contact Linda - 785 4319 or shepsimp@midcoast.com

### ***Tai Chi (Taiji)***

Come and play to ease your bodies and minds after a little too much gardening and yard work or a few too many summer visitors. Or bring your summer visitors along for a special treat!

The Taiji class will be 11:00-12:30 on Thursdays, June 30 - August 18. For the entire 8 weeks, the fee is \$80. For drop-ins, each session will cost \$15.

Contact Michael Shunney at [MShunney@gwi.net](mailto:MShunney@gwi.net) or 207 594-5356. For more information, visit [www.InnerWorksCenter.com](http://www.InnerWorksCenter.com).

### ***Homeport Walkers***

Looking for a way to get some good exercise and enjoy spirited conversation and lovely Maine scenery at the same time? Join the Homeport Walkers.

Every Friday starting June 17 7:30AM - 9:00AM

Gaunt Neck Rd. - Park at the tennis courts

For more information, call Shirley Stenberg at 354- 0370

### ***Summer Picnic***

This year's "Just for Fun" Picnic will be held on August 18 at noon at the Cardon's. Rain date: August 19)

**Want to know more about Homeport-Cushing?**

Call Katharine Cobey 354- 6762 or email [homeport.cushing@gmail.com](mailto:homeport.cushing@gmail.com)